

FIFTH ANNUAL REPORT

OF THE

BOARD OF TRUSTEES AND OFFICERS

OF THE

Minnesota Hospital for Insane,

TO THE GOVERNOR OF THE STATE OF MINNESOTA,

FOR THE

FISCAL YEAR ENDING NOVEMBER 30, 1871.

TRANSMITTED TO THE LEGISLATURE OF THE FOURTEENTH ANNUAL SESSION, 1872.

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MINNESOTA HOSPITAL FOR INSANE.

BOARD OF TRUSTEES.

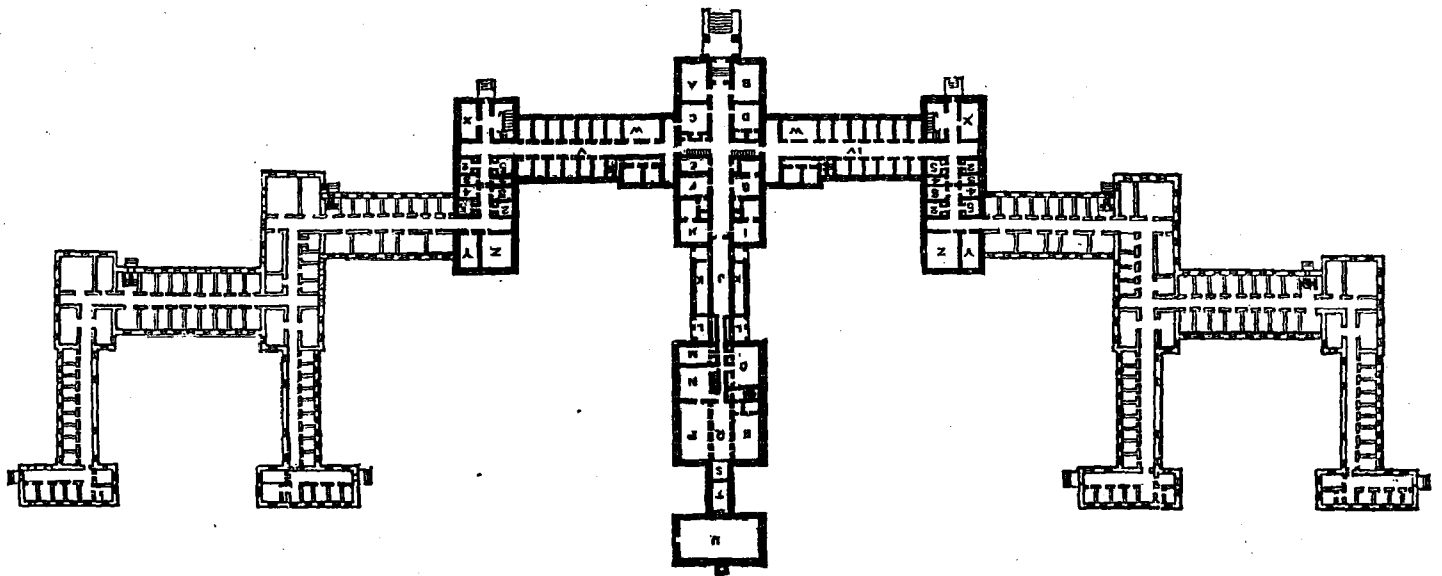
HON. C. T. BROWN, St. Paul, *President.*
LUKE MILLER, M. D., Lanesboro.
HON. REUBEN BUTTERS, Kasota.
MAJ. H. B. STRAIT, Shakopee.
HON. WM. SCHIMMEL, St. Peter.
REV. A. H. KERR, St. Peter, *Secretary and Treasurer.*

RESIDENT OFFICERS.

CYRUS K. BARTLETT, M. D.,
Superintendent and Physician.
JACOB E. BOWERS, M. D.,
Assistant Physician.
GEORGE W. DRYER,
Steward.

SUBORDINATE OFFICERS.

WM. MCFADDEN,
Farmer.
FRANK DUNN,
Supervisor Male Department.
MISS CATHERINE MCAUSLIN,
Supervisor Female Department.
WILLIAM H. PEARCE,
Engineer.



MAIN FLOOR OF HOSPITAL.

A—Superintendent's Office.

F & G—Private Rooms for Assist. Physicians.

2—Bath Room. 3—Water Closet.
4—Wash Room. 5—Clothes Room.

P—Laundry. R—Ironing Room.
Q—Passage. S—Coal House.



REPORT OF BUILDING COMMITTEE.

To the Board of Trustees :

GENTLEMEN:—The Legislature, at its last session, having made an appropriation of 40,000 dollars to the Hospital for Insane for building purposes, and your board having decided to use the same for the erection of the south wing and return section, similar to that on the north side of the center already built and occupied, the committee advertised for proposals to construct the same according to plans and specifications. On opening the bids at a meeting, held April 11th, the proposal of Mathew Breen & Co., of St. Paul, was found to be the lowest for the mason work, and that of A. W. Gage & Co., of Winona, was the lowest for the carpenter work. The amount of these bids exceeded the whole appropriation by 2,120 dollars. This was so near the amount of the funds in hand that the committee did not feel like refusing the bids and undertaking the work by the day, running the risk of bad weather and the possible rise of wages during the summer months; they also trusted to the profits on brick manufactured and sold to the contractors, and to the stone quarried and lumber on hand and paid for, to make up the deficiency. These parties having signed contracts and given bonds of security to perform the work faithfully and finish the same on or before the first of October and November, 1871, respectively, the work was committed to their hands.

A contract was made with Mr. Davidson, to manufacture one million bricks at four dollars per thousand, the committee furnishing yard, lumber, machinery, and wood. Only those of good quality were selected and used, and failing to obtain a sufficient number from our own yard, two hundred and thirteen thousand were purchased at Mankato; sixty thousand of these were used in the completion of the main sewer, and about one hundred thousand, of hard and soft remain on hand.

Your committee engaged Mr. Harry Downs of St. Peter, as their agent to superintend the mason work and see that it was done according to plans and contract. Mr. Downs was employed on the other wing, and being a practical mason and familiar with the construction of the building, the committee were fortunate in obtaining his services.

The work, so far as we expected to carry it this season and with the funds obtained, is now completed and ready for your inspection. The committee do not feel obliged to speak of it in detail. In excellence of finish, durability of materials, and thoroughness of construction, we are satisfied that it will compare favorably with the wing already built, and which is acknowledged, by all mechanics and builders, to be of superior workmanship.

The attention of your committee as well as that of the board was called, by the superintendent, to the unfinished condition of the main sewer, and they considered it their duty to complete the same at once, as the longer it remained open the more offensive and dangerous to health it became. The work was offered to bidders and the contract for tunneling the sand stone was given to Hugh Brogan of St. Peter, at \$1.25 per foot for the first two hundred feet, with an increase of 25 cents per foot for every hundred, as far as practical to proceed. The tunnel was carried 518½ feet towards the sewer already built, and the remaining distance on the surface, some seven hundred feet, was given, on contract, to William Clark of St. Peter, to finish with brick laid in cement, at 80 cents per foot, materials found. The whole cost, including the sinking of shaft from the end of surface

drain to tunnel, was a little over two thousand dollars, and the committee feel relieved of a great responsibility in the permanent removal of all danger to the health of the inmates of the hospital from this source. This expense together with some extra labor connected with the contracts, for chimney, a few additional doors and arches, amounting to \$251.37, we could not reasonably avoid, and we trust our judgment will be approved.

In conclusion we urge upon the board the necessity for immediate appropriations to complete the wing, the walls of which are now erected and covered, that the crowded and ill-adapted rooms of the present temporary quarters of the female department may be relieved, and the wants of all the unfortunate insane of the state may be provided for without unnecessary delay.

Respectfully submitted,

C. K. BARTLETT,
A. H. KERR,
R. BUTTERS,
W^M. SCHIMMEL,
LORING FLETCHER,
Building Committee.

TRUSTEES' REPORT.

His Excellency, Horace Austin, Governor of Minnesota :

It becomes our duty as Trustees of the Minnesota Hospital for Insane, to present you our annual report for the year ending Nov. 30th, 1871, and which is hereby respectfully submitted.

The Superintendent, Dr. C. K. Bartlett, in his report, to which we ask special attention, presents the number of patients, discharges and other items that are all important to be grasped by our public men and philanthropists desiring the restoration and comfort of these helpless unfortunates. It is doubtless a matter of surprise to many that our State furnishes so large a number of applicants for the benefits of this institution. During the year 345 patients have been under treatment, and at its close 244 are present. The number of the restored and discharged and of those greatly improved, indicate to thoughtful minds a wise medical management, and proclaim, in clearest tones, the benefits and the humanity of hospital treatment to this afflicted class of our fellow-citizens.

Our public men, and the people of the State generally, seem not to be aware of the great pressure upon us, in providing suitable accommodations for so large a number. We, however, have no option in the matter. Committals are made by the proper officers in different counties, and pa-

tients are sent here, often from a great distance and at considerable expense, when, time and again, notice has been given that our rooms were full. On their arrival, however, it seemed a matter of mercy to receive them and do the best we could for them. This accounts for the large number now in the hospital, more indeed, than we supposed a year ago, could possibly be accommodated. We will not say, that under the regulations and principles by which similar institutions in other States are conducted, that this is the true policy, but it seemed, in our case, a high necessity: yet there is a crowding of inmates that is reprehensible both for safety and for health. We do feel that it is neither wise nor just nor safe, to admit more than are now present, until larger accommodations are secured. We must say decidedly, and let it be known in every county, and by all our Probate Judges, that new patients can only be received as vacancies occur, or by exchanges. This at once brings before you and the incoming Legislature the vital and absolute necessity of increased accommodations.

The Report of the Building Committee gives in full the work done during the year. From the Treasurer's Report you will notice the items that seemed necessary to come under the building account, which, in footing, makes something above the difference between the appropriation and the stipulated contracts. This difference has been paid, but that much is due the current expense fund.

Another matter in the items of expenditure should be noted. The wages of the Building Superintendent, the construction of the drain referred to in the report of the Building Committee, and the interest on Hospital Scrip, for which no provision had been made in the deficiency appropriation, have all been paid from current expense funds.

This, perhaps, would be a fair construction for current expenses, except the first item, but there was no other means at our disposal to accomplish these ends. The result is that the current expenses are by so much larger than they otherwise would be.

The Hospital Scrip, as per our last report, to redeem

which an appropriation was granted, has all been paid, with one exception, No. 43, for \$31.86-100. This scrip was placed in the hands of the auditing committee, cancelled and ordered to be destroyed by the Board.

We now refer to our pressing, immediate necessities for increased accommodations. This we need not argue. Every visitor, every one intelligently posted as to the nature and requirements of insane patients, perceives at once that this question needs no special pleading. The South Section and Return should be plastered, finished and furnished with all needed plumbing and heating apparatus, and that with as little delay as possible.

This portion of the Hospital is designed for female patients. They should surely be kept no longer in the temporary buildings in the town—buildings that should be vacated as soon as possible. Of this necessity we need not speak—every eye can see it. In behalf of the 115 females now under treatment, we earnestly plead for their removal to more airy, more comfortable, and by far more suitable apartments.

Besides, the walls of the centre building should, by all means, go up this year. Without this the institution is incomplete, and, in many of its arrangements, very inconvenient. In this the Medical Superintendent should have his quarters. From this, through all the buildings, radiates the heat, and all supplies are sent. In this is the culinary department. Until this central part is erected, we cannot have a properly regulated Hospital.

This Institution relies not for sympathy or aid, or the benefits it confers, on any one section, but upon the entire State. The most distant counties have their representatives here. Humanity pleads for its cheerful and generous support. To accomplish the purposes above mentioned, we respectfully and earnestly ask an appropriation of \$99,000. Last year we asked \$139,000, of which \$40,000 were granted. Our estimates are on the same basis they were made one year ago.

For the maintenance of 250 patients for the ensuing year,

including, as usual, medical attendance, clothing, boarding, repairs, employees, &c. &c., at the rate for last year's estimate, we ask the sum of \$65,000. To this must be added a sufficient amount for furnishing the south section and return, which will require at least \$5,000. \$70,000 are needed for current expenses for 1872.

We ask attention, also, to the Report of the Steward, G. W. Dryer, showing, in a satisfactory manner, the result of farm products. For economy and for sanitary reasons, the Farm is an important adjunct, and we believe that by gradually enlarging the area of cultivated acres, a still better and larger exhibit will appear in our annual reports.

Believing that our efficient Officers of State and the incoming Legislature will duly appreciate our efforts to furnish a home and a retreat for these sadly afflicted ones for which the State, among her noble charities, must provide, we, as the appointed guardians of this Institution, ask your cheerful and prompt co-operation.

C. T. BROWN,
LUKE MILLER,
A. H. KEER,
R. BUTTERS,
WM. SCHIMMEL,
H. B. STRAIT,
L. FLETCHER.

St. Peter, Dec. 6th, 1871.

TREASURER'S REPORT.

Trustees of the Minnesota Hospital for the Insane :

GENTLEMEN :—Herewith you will find a statement of receipts and expenditures for the fiscal year ending Nov. 30th, 1871, and which is respectfully submitted.

BUILDING ACCOUNT.

Receipts.

Cash, balance of 1870,	\$ 28 36
state treasury, appropriation of 1871,	40,000 00
Brick sold	5,305 69
Stone "	520 54
Lumber sold	416 41
Borrowed from current fund to balance	3,838 31
	<hr/>
	\$50,109 31

Expenditures.

Lumber	\$ 346 29
Materials	39 50
Miscellaneous	322 50
Brick	6,266 80
Mason contract	32,090 00
Mason work above contract	251 37
Blacksmithing	131 67
Account	128 90
Stone cutting	378 15
Carpenters contract	10,030 00
Advertising and printing	67 00
Treasurer's petty account	57 13
	<hr/>
	\$50,109 31
Agency appropriation of 1871	\$26,169 00

Expenditures.

Hospital scrip redeemed and destroyed by the board	\$26,137 15
Scrip No. 43 unredeemed	31 85
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	\$26,169 00

CURRENT EXPENSE ACCOUNT.

Receipts.

Cash, balance of 1870,	\$ 5,454 56
“ appropriation of 1871	56,000 00
“ from Geo. W. Dryer, steward, viz:	
“ for board and treatment, private patients	2,121 89
“ care of child of patient	(104 50
“ building bridge on county road	75 00
“ horse, pigs, calves, bees, etc., sold	245 00
“ farm produce, wood, lumber, stone, etc.,	263 75
“ clothing sold	65 30
“ hides, rags, barrels, old iron and sundries	50 40
“ keeping estray horse	7 80
“ cash refunded (advertising building proposals)	4 00
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	\$64,392 80

Expenditures.

Current monthly expenses paid on certified vouchers, including interest on hospital scrip,	\$54,537 60
Loaned building account	3,838 80
Cash on hand	6,016 40
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	\$64,392 80

In the report of the steward will be found a detailed statement of expenditures for which vouchers were returned duly certified.

All which is respectfully submitted.

A. H. KERR,
Treasurer.

St. Peter, Nov. 30th, 1871.

The finance committee to whom was referred the accounts of the treasurer and steward have examined the same and compared the vouchers with the books and find the same correct.

H. B. STRAIT,
L. FLETCHER,
R. BUTTERS,
WM. SCHIMMEL.

Hospital office, Dec. 7th, 1871.

STEWARD'S REPORT.

To the Trustees Minnesota Hospital for Insane:

GENTLEMEN:

Herewith is respectfully submitted a report of Steward's department, for the year ending November 30, 1871.

EXPENDITURES.

For additions, alterations and repairs	- -	\$3634 40
" Attendants, assistants and labor	- -	8373 50
" Books, stationery, and printing	- -	228 21
" Clothing	- - - -	2266 12
" Farm, barn, garden, and grounds	- -	4423 40
" Fuel and heating	- - - -	4695 23
" Furniture, including beds and bedding	- -	1796 58
" Furnishing permanent Hospital	- -	1127 40
" Interest on scrip issued	- - - -	3701 29
" Insurance	- - - - -	324 20
" Library, and amusements	- - -	68 60
" Lights, and oil lamps	- - - -	214 40
" Medicines and medical supplies	- -	466 90
" Miscellaneous expenses	- - -	786 40
" Officers' salaries	- - - - -	3600 00
" Patients' miscellaneous expenses	-	469 40
" Provisions and household supplies	- -	15408 40
" Rent	- - - - -	313 70
" Sewer	- - - - -	2008 20
" Steward's petty expenses	- - -	630 70

\$54537 60

Note.—"Attendants, assistants and labor" includes the salaries of engineer, fireman, supervisors, watchmen, cooks, attendants and building superintendent.

"Miscellaneous expenses" includes all expenditures that cannot properly be charged to any other account.

"Patients' miscellaneous expenses" includes undertaker's charges, cash to discharged patients, &c.

"Rent" is for use of stone dwelling house for patients, and land.

"Sewer." See Superintendent's Report.

"Steward's petty expenses" includes freight and express charges, postage and sundries.

The item "Farm, barn, garden and grounds," is subdivided as follows:

For double-seated top wagon, harness, blankets, robes, &c., and repairs to same	\$596 10
" Farm wagons and implements, and repairs to same	553 14
" Fence material	508 64
" Hay and feed	520 03
" Labor	1455 17
" Paris Green	17 34
" Seeds	99 83
" Shoeing horses and oxen	63 45
" Stock	536 25
" Trees, (fruit and ornamental)	73 50
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	\$4423 45

The farm stock consists of:

1 Team Draught Horses.

1 Single Horse.

1 2-year old Colt.

1 Durham Bull.

3 Yoke of Oxen.

13 Cows.

1 Heifer.

7 Calves.

40 fat Hogs.

50 Pigs.

The farm has been cultivated successfully, as will be seen from the following list of products, entered at an average market value, or what it would have cost had it been necessary to buy them:

Beans, green, 43 bushels	\$43 00
Beans, dry, 25 “	56 25
Beans, Lima, 5 “	15 00
Beets, 1175 “	587 50
Buckwheat, 50 bushels	37 50
Buckwheat straw, 3 tons	6 00
Cabbage, 2775 heads	166 50
Carrots, 425 bushels	170 00
Cauliflowers, 475 heads	71 25
Corn (shelled), 1850 bushels	740 00
Cucumbers, 40 “	40 00
Celery, 750 heads	75 00
Hay, 80 tons	400 00
Lettuce, 40 bushels	20 00
Melons (musk and water), 535	53 50
Milk, 27200 quarts	1360 00
Oats, 433 bushels	173 20
Oat Straw, 20 tons	80 00
Onions, 100 bushels	75 00
Parsnips, 60 “	45 00
Parsley, 200 bunches	10 00
Peas, (green) 30 bushels	30 00
Pieplant, 450 bunches	45 00
Potatoes, 1200 bushels	480 00
Pumpkins, 1625	81 25
Radishes (summer) 250 bunches	25 00
Radishes (winter) 7 bushels	5 25
Spinach, 35 bushels	17 50
Squash (summer), 1000	50 00
Squash, Hubbard, 150	22 50
Tomatoes, 100 bushels	75 00
Turnips, 500 “	125 00
Corn stalks, 40 tons	100 00
Value of beef and pork slaughtered for use of Hospital	450 00

" " Farm stock sold - - - -	270 26
" " Natural increase of stock during year -	360 00
" " Improvements made " "	750 00
	<hr/>
	\$7111 46

In addition to the farm labor which has been done chiefly by patients under direction of the farmer, they have with the assistance of the farmer and teams, performed 447 days' labor on main sewer, building roads and fences, and excavating for granary, in addition to harvesting 60 tons of ice, drayage of supplies, hauling wood, &c., &c.

VALUATION OF PROPERTY.

Permanent Hospital building, laundry, engine house, water supply, drainage, heating apparatus, supply pipes for gas, steam wash machines, steam table and cauldrons for cooking vegetables, bath tubs, car and railway track - - - - -	\$201,000 00
Temporary Hospital buildings, consisting of one 3-story stone building, 60x32 feet, with 2 story frame L 60x25 feet, one 2-story frame building, 96x34 feet, a heating apparatus for same, one 1-story frame office building 20x30 feet, one frame barn 25x35 feet, six building lots, and fencing around entire block - - - - -	13,350 00
One 3-story frame barn, 44x72 feet, and granary 14x90 feet, on farm - - - - -	5,000 00
Farm, 341 acres - - - - -	11,000 00
Farm stock and implements - - - - -	5,620 00
Brick-yard and brick-making implements - - - - -	1,000 00
Material for building - - - - -	800 00
Household furniture of all kinds - - - - -	13,075 72
Clothing and material for clothing in store - - - - -	497 32
Provisions and supplies, consisting of groceries, butter, vegetables, lumber, wood, hay, oats, &c., and steam fitting supplies - - - - -	4,549 42

Medicines and medical supplies, surgical instruments, &c. - - - - -	475 00
Library and cabinet, consisting of medical and miscellaneous books, engravings, stereoscopes, stereoscopic views, magic lantern and views, stuffed birds, games, cabinet organ, and other musical instruments, &c. -	1,000 00

\$257,367 40

All of which is respectfully submitted.

GEORGE W. DRYER,

STEWARD.

December 1, 1871.

SUPERINTENDENT'S REPORT.

To the Board of Trustees :

GENTLEMEN :—By the established regulations of this hospital it becomes my duty again to review and report the history of our work since the last annual meeting of your board. The task is approached with feelings of unusual satisfaction for the measure of success that has attended our labors, for the substantial progress that has been made in the construction of the permanent building, and with devout gratitude to Divine Providence, that we have been saved from pestilence, fire, and all other serious misfortunes, during this year, remarkable for numerous and great disasters, both in our own and foreign lands. The great hail storms of July fourth and seventh, that damaged the crops and buildings so extensively in this county, destroyed only a few panes of glass in the permanent hospital; and the drought, so distressing in many places, did not materially diminish the products of the farm. While three hundred and forty-five different patients have been under treatment, each with individual peculiarities, and all with morbid feelings and propensities, imprudently crowding the halls and dormitories, no severe personal violence has occurred, and less sickness than any former period of the same duration in our experience. Can we expect this favorable state of things and health to continue if we disregard the proper bounds of accommodation, and receive cases of every form and grade of insanity committed by the courts? The laws of hygiene cannot be broken with impunity, at least for an

indefinite time. In fifty-nine small and eighteen large rooms, two hundred and forty-four patients are lodged nights, making it necessary to put twelve in some of the dormitories, and two and three in rooms, designed for one. Many of these patients are restless, and sometimes noisy, disturbing those who would otherwise be quiet, retarding if not preventing recovery. With sufficient appropriations, rooms for one hundred patients can be provided next season; but there are now fifty inmates in excess of safe and comfortable quarters, and with the same rate of increase for the coming year as in the past, the number for which you may have provided, will demand admission. In the mean time how shall this increase be cared for or treated? This problem must be solved, if possible, by your board and the Legislature about to assemble.

*The following is a summary of the general statistics for the year

	Men.	Women.	Total.
Whole number of patients in the hospital at the beginning of the year, Dec. 1, 1870	119	87	206
Number State Boarders.....	116	84	200
Number private boarders	3	3	6
Number admitted during year.....	64	75	139
Number under treatment.....	183	162	345
Number discharged, (including deaths) ..	54	47	101
Greatest monthly average			248½
Daily average for the year.....			228½
Number remaining in hospital, Nov. 30, 1871	129	115	244
Number State boarders.....	129	112	241
Number private boarders.....		3	3

TABLE OF DISCHARGES, INCLUDING DEATHS.

	Men.	Women.	Total.
Discharged, recovered.....	25	18	43
Discharged, improved.....	16	17	33
Discharged, without change.....	2	2	4
Died	11	10	21
Totals.....	54	47	101

*For the usual tabular statistics, see appendix.

TABLE SHOWING THE CAUSES OF DEATH.

	Men.	Women.	Total.
Marasmus	2	2	4
Phthisis Pulmonalis.....	3	0	3
Paralysis	1	2	3
Epilepsy	2	0	2
Maniacal exhaustion.....	1	2	3
Apoplexy	1	1	2
Erysipelas.....	0	1	1
Typhoid Fever.....	0	1	1
Typhoid Fever and Pneumonia.....	0	1	1
Anasarca.....	1	0	1
Totals.....	11	10	21

The number of *recoveries* is quite up to the general average, considering the condition of the inmates and the duration of their disease. A very large proportion of those now in the hospital are chronic cases, and but little expectation of their recovery, or even improvement, can be entertained. Their treatment is mostly custodial; but they must, in their helplessness, be cared for in some suitable place and manner:

Some of those discharged as *improved*, by longer treatment might have been properly reported as *recovered*; but the demand for room frequently hastened a consent to their return home, taking the risk of a relapse from premature removal.

The number of deaths is less by four than that of last year, and with a greatly increased number of patients under treatment. The first death among the original twenty, brought here from the Iowa State hospital at the opening of this five years ago, occurred on the 23d of November. The other nineteen still remain. In most of the cases death was the result of long continued disease, and a gradual loss of mental and physical vitality. But in a few instances it occurred in young and recent subjects, the effect of acute maniacal excitement. Two members of one family died in this manner and in a few days after admission.

The number of private boarders has varied from three to six during the year. If there were sufficient and suitable

accommodations, probably more of this class would seek admission here.

Soon after the discovery of the anaesthetic properties of sulphuric æther and chloroform, they were used to a considerable extent in hospitals for insane to quiet the restless and highly excited patients, and sometimes with good results. They are still used but not so freely as formerly, their effects being generally of short duration, and other remedies have been found more lasting and reliable. In some cases of long abstinence from eating on account of delusions, or from a condition of the stomach, that rendered the thought of food revolting, the administration of ether is followed by very decided relief. The usual course is to etherize fully, and when the patient has partially recovered consciousness, to commence feeding with beef tea or milk punch. It is generally taken readily and seldom rejected afterward by the stomach, if a moderate quantity is given at first.

Bromide of Potassium has been highly recommended as a sleep producing agent; but its effect is not reliable, except in cases of epileptic mania, and then such large doses are required as to derange the digestive organs, and deaden the whole nervous system, perhaps to the shortening of life.

Hydrate of chloral has now been pretty thoroughly tested and seems a valuable remedy. It has been used here, more or less, for two years, and without, in any instance, disagreeable effects. By the aid of anæsthetics, the hypodermic injection of morphine and hydrate of chloral, the excited class of patients are now made much more comfortable than formerly, and their neighbors are relieved from nightly disturbance.

The question was asked a superintendent of a hospital for insane: "Do you think the minds of your patients, discharged as recovered, are ever *better* than they were previous to their attack?" The answer I do not recall; but there would seem to be little doubt in many cases as to the *probability* of improvement, both in strength and range of thought, judging from analogy and observation. Personal

afflicted with other diseases of the body are frequently *physically* better after recovery. So common is this that it causes no surprise, especially is this true in young subjects. Indeed this belief forms the foundation of the somewhat paradoxical consolation offered to sick people sometimes by their friends, "that they will feel better when they get well;" meaning *really* that they will enjoy better health than previous to their attack. The individual seems to gain new vigor after some attacks of sickness, the constitution is improved, having thrown off, apparently, from the system some morbid influence, or material which interfered with the proper development and harmonious action of the vital functions. Why then should not the same thing occur after an attack of the brain? It is only one organ of the body, receiving its support from the same fountain as all the other organs of the living being; and liable to temporary or permanent injury by an abnormal condition of the circulating fluid as well as the others, and subject to the same laws as to over-work or abuse; and the same purification that would in the disease of one organ improve the *physical* health, might under other conditions modify the *mental state* in a favorable manner. We know there can be no mental action, or manifestation of action, if the supply of blood to the brain is not maintained, and that those manifestations vary in character and degree as the quality and quantity of that fluid is changed. By introducing foreign elements it is easy to modify mental action, and even to control *all action*. The death-like sleep that follows the administration of the vapor of sulphuric ether or chloroform, as well as of other powerful agents, and the calm and apparently natural sleep obtained by chloral hydrate, is the effect of some chemical action in the blood, and they lose their influence by gradual elimination from the same vital fluid by the intricate and mysterious processes of the absorbents and excretory organs. It is easy to impair mental action by noxious agents, poor and improper food, bad air, over-work, unhealthy employments, and other depressing influences temporarily, and by ~~permanence~~ permanently; so it is practicable to redeem and

improve the mental power and manifestations by an opposite course of treatment; and such is the province of hospitals for insane. Patients brought to these institutions, which modern science and long experience have constructed in the best manner to aid, by external and internal arrangements, the skill of the medical attendants in alleviating and restoring the mentally sick and infirm, are removed from old associations, possibly causes of irritation and excitement, and frequently from homes and habits calculated to degrade and stupify the intelligence, and are placed at once under hygienic rules and treatment founded on physiological principles, with proper and sufficient food, variety in labor and exercise, social intercourse and amusements, access to books and gospel preaching, all of which are capable of improving the general health and arousing and expanding the mental faculties. Have we not reason then to believe these various appliances will elevate the understanding of those subjects to their influence, and that they may leave the hospital with enlarged views and quickened intellects,—in fact, with better minds?

It must not be inferred from these remarks that all mental irregularity or insanity is the result of impure blood. In the cell structure of the nervous system and connected with the wondrous power of growth by education, there may occur changes independent of the circulation, as these cells are influenced by external causes through the senses of feeling, tasting, smelling, seeing, and hearing. Each of these under peculiar circumstances, may convey impressions to the brain and nervous centres that shock and paralyze thought.

How to develop and maintain a sound mind and a sound body, and discipline both to accomplish in the best manner the great objects of life, are questions that concern the welfare and happiness of the whole human family. A correct knowledge of the laws of physiology and a due appreciation of both physical and mental influences, as affecting the brain are necessary as a ground work for success; and when parents and teachers are duly informed and impressed with the importance of these matters, and educate their children and

pupils to thoroughly understand the same, then we may expect diseases of the nervous system and insanity to become less frequent.

Among the physical influences as affecting the development and integrity of the brain, pure air, muscular exercise, diet and sleep may be mentioned as the most prominent.

The importance of pure air in its relation to mental action cannot be over-estimated; but it is not always of the first or even second consideration, although there has been some progress, of late years, in the construction of public buildings, school houses, &c. It is encouraging to know that building committees, now, generally believe it is necessary audiences and school children should have a change of air in the rooms they occupy. Still the means employed to obtain ventilation are often of the most useless of inventions, acting moderately well, in most instances, only when least required.

Regular and daily muscular exercise, accompanied, if possible, with some mental diversion, has a most salutary effect on the healthy action of the brain. It should not be violent nor long continued; beyond the borders of fatigue it should not be prolonged in order to derive the greatest benefit from the habit. Those colleges and schools that have introduced gymnastics as one of the regular daily exercises of all the classes, have taken a step in the right direction, and the result will, undoubtedly, prove the wisdom of the plan in graduating better scholars with an average of better health than in previous years.

Concerning diet—food and drink, much might be said, and justice cannot be done to the subject in a brief report. Climate, atmospheric changes, employments, and age, must all be considered in choosing articles for food. And it may be said, in general, that an intelligent understanding of physiological principles will guide to the selection of the most suitable nourishment for the ever varying natural wants. All alcoholic stimulants are unnecessary and pernicious. This remark applies to persons in health and not to those temporarily ill, or to those of dilapidated physical

powers, of which the *best* and the *most* must be made by any means, however desperate.

Sufficient sleep must be obtained or the whole body suffers and the mental faculties soon fail. It is not surprising that this provision of the vital economy should be abused, as it can be postponed, taken at irregular intervals, and reduced to a minimum, as to time, at will; but it can not be interfered with, habitually, without danger to the brain. All persons do not require the same amount of sleep. There are some remarkable instances on record of individuals who seemed to need but a very short time for rest; but as a rule, the men distinguished for mental power and their efforts have been good sleepers. Daniel Webster, who for his ability and acquisitions received the title of "God-like;" and of whom through a long life, so much was expected and required, said, "he had a *great capacity* for sleep." The same fact is true of others conspicuous in history. But sleep will not always come at will. This is especially the case after prolonged and close mental application up to the time for retiring; and there should be an interval of rest, to allow the congested vessels of the brain to assume their natural condition, before the usual hour for repose. It is a great delusion that light suppers, or empty stomachs are conducive to sleep. The drowsy god is never caught by starvation. All healthy animals fill their stomachs and then go quietly to sound and natural sleep. The opposite course after the period of childhood, with human beings, has filled the world with restless dreamers and miserable dyspeptics.

"Spare the evening meal
And sweet shall be thy sleep,"

sounds well as poetry; but as a maxim of truth it is no worthy the acute reasoning of the philosophic author.

In regard to the strength and healthy action of the mind much depends on the mode of education, and there is nothing in the whole training of the individual that requires more discrimination and judgment than the habits of study. Unfortunately for young persons there is a feeling of pride often, and generally a passive acquiescence in the demands

of the age, that overrules all considerations for the laws of physiology and the lessons of experience. Parents and teachers love to see their children and pupils *excel*, and the amount of daily study expected of many youthful brains exceeds that which should be required of mature adults in possession of vigorous health. In this manner brilliant intellectual feats are sometimes accomplished as a poor reward for an impaired nervous system, if not complete insanity, sooner or later in life. Ordinary prudence would suggest the time of study for immature minds should not equal that self-imposed by literary adults stimulated by pecuniary necessity or the love of fame; but we find in our schools the regular daily tasks often require a continued application of six hours in school, and several more outside for many of slower faculties, to maintain honorable position with fellow students. While some of the best scholars of any age have, perhaps, prolonged their mental efforts to more than six hours, a majority, probably, of equal culture and success, have not exceeded four hours daily. Habit may in some instances seem to overcome all laws and obstacles; and although Dr. Emmons, the eminent theologian, could go from his bed to his study and remain there, except for meals, from year to year, until his chair legs wore holes through the floor, without apparent damage to his physical or mental health, his example, in this particular, is unworthy of imitation by those who have no regard for their comfort or usefulness.

FARM.

Mr. William McFadden continues in charge of the farm, and the steward's report of the stock and products shows a considerable increase over any previous year. All the crops were good for the season. The potato bugs appeared for a few weeks, intent on their mission of destruction, but careful attention and paris green saved the crop.

Many of the male patients have assisted in the labors of the farm to the mutual benefit of themselves and the institution. The female patients have also assisted materially in the household duties.

The following list of new articles made in the sewing room is reported. Only one seamstress is employed in the female department.

Dresses	-	-	-	-	-	-	-	130
Aprons	-	-	-	-	-	-	-	12
Chemises	-	-	-	-	-	-	-	181
Drawers, prs.	-	-	-	-	-	-	-	100
Canton flannel wrappers	-	-	-	-	-	-	-	106
Skirts	-	-	-	-	-	-	-	20
Camisoles	-	-	-	-	-	-	-	9
Sheets	-	-	-	-	-	-	-	100
Pillow slips	-	-	-	-	-	-	-	12
Towels	-	-	-	-	-	-	-	50
Straw ticks	-	-	-	-	-	-	-	40
Curtains	-	-	-	-	-	-	-	30
Table cloth	-	-	-	-	-	-	-	1
Napkins hemmed	-	-	-	-	-	-	-	20
Cupboard covers	-	-	-	-	-	-	-	20
Bags	-	-	-	-	-	-	-	0
Comfortables	-	-	-	-	-	-	-	0
Shrouds	-	-	-	-	-	-	-	0
Shaker bonnets	-	-	-	-	-	-	-	0
Hats trimmed	-	-	-	-	-	-	-	0
Ladies hose, prs.,	-	-	-	-	-	-	-	0
Socks footed "	-	-	-	-	-	-	-	0
" knit "	-	-	-	-	-	-	-	0
Shirts	-	-	-	-	-	-	-	70
Handkerchiefs hemmed	-	-	-	-	-	-	-	20
Quilts	-	-	-	-	-	-	-	0
Night caps	-	-	-	-	-	-	-	0
" dresses	-	-	-	-	-	-	-	0
Total	-	-	-	-	-	-	-	860

This, of course, does not represent by any means the amount of needle work done by employees and patients, as much the largest portion of the labor is required in *repairing* and not in *manufacturing*.

AMUSEMENTS.

The library has been increased by purchase and donations and now numbers two hundred and fifty volumes. Some pictures have also been added by friends to our, previously, rather limited supply. A pair of magic lanterns with over one hundred photographs and colored slides have lately been purchased of James W. Queen & Co., of Philadelphia, at a cost of three hundred dollars, the funds for which were furnished by friends, the labor of patients on the county road and the premiums received from the Nicollet county agricultural society for stock and vegetables exhibited at the late fair. Much pleasure and profitable entertainment is anticipated from this source during some of the long winter evenings. A new organ has been purchased for chapel service and this is also partly the gift of friends.

Chapel services have been continued as usual, the exercises being conducted by the different clergymen of St. Peter and their choirs. The attendance on these services has been large, in proportion to our numbers, and orderly. Readings on week-day evenings have been given, occasional concerts by the cornet band of St. Peter, and one entertainment by Mr. Asa Hutchinson and family.

The publishers of the following papers have sent us copies gratuitously for which they have our thanks.

St. Paul Daily Pioneer.

Minneapolis Tri-weekly Tribune.

Minnesota Volksblatt.

Nordisk Folk Blad.

Svenska Monitoren.

Minnesota Staats Zeitung.

Northwestern Chronicle.

Le Sueur Courier.

Mantorville Express.

Glenwood Eagle.

Redwood Falls Mail.

St. Peter Tribune.

St. Peter Advertiser.

And the exchanges of the two last.

The following gifts from individuals and firms are also gratefully acknowledged.

From the American Bible Society 12 bibles.

“ Gen. C. T. Brown of St Paul, 14 vol. books.

“ J. S. Pierson, Esq. of New York, 69 vol. books and a large collection of pictorial papers and engravings.

From J. H. Snyder, Esq. of St. Peter, pictorial papers.

“ A. W. Wilkins, Esq. of Middleton, Mass., choice garden seeds.

From Northampton Lunatic Hospital, Mass., two fine pigs of improved breed.

From St. Marks Parish, Minneapolis, \$25.00.

“ A. G. Miller & Co., St. Peter, \$10.00.

“ Davis & Nelson, St. Peter, \$5.00.

“ Shaw & Jones, St. Peter, \$5.00.

“ Miss Catherine Mc Auslin, for new organ, \$5.00.

“ M. M. Leahy, Esq., of Milwaukee, Wis., for magic lanterns, \$100.00.

From Nicollet County Agricultural Society, \$35.50.

“ “ “ for labor, \$71.50.

“ Jacob P. Palmer, Esq., of Boston, Mass., \$10.00.

In conclusion, I desire to express my obligations to all those associated with me in the management of this public charity, for their hearty co-operation in all the labors and trials incident to this peculiar life. No change has occurred among the resident officers, and comparatively few among the attendants. With long experience the duties become less harrassing by familiarity with the disposition and habits of the patients, and a more uniform and harmonious working of the institution, in all its details, is secured.

With renewed expressions of regard to you as a Board of Trustees, who have so faithfully and zealously watched over the interests of the hospital, for your continued confidence and cordial support, this fifth annual report is respectfully submitted.

CYRUS K. BARTLETT,
Superintendent.

December 1st, 1871.

APPENDIX

TABLE I.

MOVEMENTS OF THE POPULATION.

	Men.	Women.	Total.
Number at the beginning of the year.....	119	87	206
Admitted in the year.....	64	75	139
Total present in the year.....	183	162	345
Discharged, recovered.....	25	18	43
Discharged, improved.....	16	17	33
Discharged, stationary.....	0	0	0
Not proper subjects.....	2	2	4
Dead.....	11	10	21
Remaining at end of the year.....	129	115	244

TABLE II.

ADMISSIONS AND DISCHARGES FROM THE BEGINNING OF THE HOSPITAL.

	Men.	Women.	Total.
Admitted since opening.....	296	260	556
Discharged, recovered.....	83	73	156
Discharged, improved.....	34	35	69
Discharged, stationary.....	4	6	10
Not proper subjects.....	2	2	4
Dead.....	44	29	73
Remaining at end of the year.....	129	115	244

TABLE III.

CIVIL CONDITION OF THOSE ADMITTED.

	DURING THE YEAR.			SINCE OPENING HOSPITAL.		
	Men.	Women.	Total.	Men.	Women.	Total.
Single.....	37	26	63	194	85	279
Married.....	25	42	67	86	149	235
Widowed.....	2	7	9	7	24	31
Divorced.....	0	0	0	4	2	6
Unknown.....	0	0	0	5	0	5
⁴ Total.....	64	75	139	296	260	556

TABLE IV.

HOW COMMITTED.

	DURING THE YEAR.			SINCE OPENING HOSPITAL.		
	Men.	Women.	Total.	Men.	Women.	Total.
By private bond.	5	4	9	13	16	29
By court.....	59	71	130	283	244	527
Total.....	64	75	139	296	260	556

TABLE V.

NUMBER AT EACH AGE WHEN ADMITTED DURING
THE YEAR.

	AGE WHEN ADMITTED.			AGE WHEN ATTACKED.		
	Men.	Women.	Total.	Men.	Women.	Total.
Under 15.....	2	4	6	2	8	10
15 to 20.....	2	6	8	4	6	10
20 to 25.....	6	11	17	7	12	19
25 to 30.....	15	9	24	18	13	31
30 to 35.....	5	11	16	7	8	15
35 to 40.....	9	9	18	5	6	11
40 to 45.....	12	10	22	9	9	18
45 to 50.....	6	5	11	4	3	7
50 to 60.....	5	5	10	3	3	6
60 to 70.....	2	3	5	0	0	0
70 to 80.....	0	2	2	0	2	2
Unknown.....	0	0	0	5	5	10
Total.....	64	75	139	64	75	139

TABLE VI.
OCCUPATION OF PATIENTS ADMITTED.

	DURING THE YEAR.	SINCE OPENING HOSPITAL.
Farmers.....	24	116
Laborers.....	17	91
Housekeepers.....	48	170
Domestics.....	10	43
Painters.....	1	3
Tailors.....	1	3
Carpenters.....	3	7
Seamstresses.....	1	3
Teachers.....	2	6
Clockmakers.....	0	1
Lumbermen.....	1	2
Butchers.....	0	1
Printers.....	0	2
Bakers.....	0	1
Cabinet makers.....	0	1
School-girls.....	1	2
Traders.....	0	1
Bookkeepers.....	0	1
Students.....	0	4
Mechanics.....	2	7
Brickmakers.....	0	1
Blacksmiths.....	1	2
Bank clerks.....	1	2
Shoemakers.....	2	7
Merchants.....	2	4
Masons.....	0	2
Harnessmakers.....	0	1
Gardeners.....	0	1
Cooks.....	0	1
Weavers.....	1	1
Real estate agents.....	1	1
Confectioners.....	1	1
Professors of music.....	1	1
No occupation.....	16	49
Unknown.....	2	17
	<u>139</u>	<u>556</u>

TABLE VII.
NATIVITY OF PATIENTS ADMITTED.

	DURING THE YEAR.			SINCE OPENING HOSPITAL.		
	Males.	Females.	Total.	Males.	Females.	Total.
New York State..	4	8	12	34	31	65
Maine	3	1	4	10	6	16
Connecticut	0	0	0	3	1	4
Massachusetts...	5	1	6	7	4	11
Pennsylvania...	1	5	6	10	9	19
New Hampshire...	0	0	0	2	1	3
Rhode Island....	0	0	0	0	1	1
Virginia	0	1	1	4	5	9
New Jersey.....	0	1	1	2	3	5
Illinois	1	2	3	4	9	13
Indiana	0	5	5	5	8	13
Ohio	0	0	0	5	9	14
Michigan	0	0	0	9	1	1
Wisconsin	1	3	4	5	5	10
Minnesota	2	2	4	5	8	13
North Carolina..	1	0	1	3	0	3
Alabama	0	0	0	1	0	1
Georgia	0	1	1	0	1	1
Florida	0	1	1	0	1	1
Mississippi	2	4	6	4	6	10
Arkansas	7	8	15	32	38	70
Missouri	11	10	21	39	36	75
Illinois	0	0	0	0	1	1
Alabama	0	0	0	1	3	4
Georgia	1	6	7	8	16	24
Florida	0	1	1	8	5	13
Alabama	5	2	8	16	5	21
North Carolina..	1	1	2	2	1	3
Georgia	5	5	10	33	22	55
Florida	7	1	8	22	14	36
Alabama	1	0	1	7	0	7
Switzerland	1	1	2	4	2	6
Alabama	1	0	1	3	1	4
Alabama	1	1	2	1	1	2
Alabama	3	3	6	16	6	22
Total.....	64	75	139	296	260	556

TABLE VIII.
FORM OF DISEASE OF THOSE ADMITTED.

	DURING THE YEAR			SINCE OPENING HOSPITAL		
	Men.	Women.	Total.	Men.	Women	Total.
Acute Mania.....	28	21	49	90	62	152
Chronic Mania.....	9	16	25	54	47	101
Melancholia.....	10	11	21	49	58	107
Dementia.....	3	3	6	50	46	96
Monomania.....	2	0	2	4	2	6
Puerperal Mania.....	0	8	8	0	13	13
Paralytic Mania.....	0	3	3	5	3	8
Epileptic Mania.....	4	4	8	18	12	30
Periodical Mania.....	6	0	6	19	0	19
Nymphomania.....	0	1	1	0	3	3
Senile Dementia.....	0	4	4	2	8	10
Idiocy.....	0	2	2	2	4	6
Not proper subjects....	2	2	4	3	4	7
Total.....	64	75	139	296	260	556

TABLE IX.

NUMBER OF ATTACK IN THOSE ADMITTED.

	DURING THE YEAR.			SINCE OPENING HOSP'L.		
	Men.	Women.	Total.	Men.	Women.	Total.
.....	41	53	94	171	171	342
.....	8	13	21	31	29	60
.....	4	1	5	9	2	11
.....	0	1	1	2	3	5
.....	0	0	0	0	0	0
.....	0	0	0	1	0	1
.....	9	5	14	80	53	133
.....	2	2	4	2	2	4
Total.	64	75	139	296	260	556

TABLE X.

DURATION OF INSANITY BEFORE ADMISSION.

	DURING THE YEAR.			SINCE OPENING HOSPITAL.		
	Men.	Women	Total.	Men.	Women	Total.
Less than 1 month	17	10	27	58	37	95
1 to 3 months	8	10	18	24	33	57
3 to 6 months	8	6	14	34	26	60
6 to 9 months	5	3	8	19	9	28
9 to 12 months	2	3	5	6	7	13
12 to 18 months	2	7	9	11	9	20
18 months to 2 years	3	5	8	11	5	16
2 to 3 years	4	3	7	13	12	25
3 to 4 years	2	2	4	12	12	24
4 to 5 years	0	2	2	6	11	17
5 to 10 years	2	7	9	18	22	40
10 to 15 years	3	5	8	13	21	34
15 to 20 years	2	2	4	4	5	9
20 to 25 years	0	3	3	2	8	10
25 to 30 years	1	0	1	2	0	2
30 years and over	0	2	2	1	4	5
Unknown	3	3	6	60	37	97
Not proper subjects	2	2	4	2	2	4
Total	64	75	139	296	260	556

TABLE XI.

DEATHS AND THEIR CAUSES.

CAUSES.	DURING THE YEAR.			SINCE OPENING HOSP'L.		
	Men.	Women	Total.	Men.	Women	Total.
Parasimus	2	2	4	7	6	13
Phthisis Pulmonalis....	3	0	3	6	0	6
Paralysis	1	2	3	4	4	8
Epilepsy	2	0	2	7	2	9
Cardiac Exhaustion..	1	2	3	4	4	8
Apoplexy	1	1	2	2	2	4
Scorbutus	0	1	1	1	1	2
Typhoid Fever.....	0	1	1	2	4	6
Fever with Pneu'a	0	1	1	0	1	1
Pneumonia	0	0	0	1	0	1
Diarrhea	0	0	0	1	0	1
Emphysema	0	0	0	1	3	4
Apoplexy	0	0	0	0	1	1
Stiffness of Brain.....	0	0	0	1	0	1
Death by Patient.....	0	0	0	1	0	1
Death by Drowning....	0	0	0	0	1	1
Ulcer of Stomach.....	0	0	0	1	0	1
Scorbutus	0	0	0	4	0	4
Diarrhea	1	0	1	1	0	1
Total	11	10	21	44	29	73

TABLE XII
AGES AT DEATH.

	DURING THE YEAR:			SINCE OPENING HOSPITAL:		
	Men.	Women	Total.	Men.	Women	Total.
Under 15 years.....	0	0	0	1	0	1
15 to 20 years.....	0	0	0	3	3	6
20 to 25 years.....	2	2	4	9	6	15
25 to 30 years.....	4	1	5	6	1	7
30 to 35 years.....	1	1	2	5	2	7
35 to 40 years.....	1	1	2	3	2	5
40 to 45 years.....	0	1	1	4	3	7
45 to 50 years.....	0	0	0	2	1	3
50 to 60 years.....	3	2	5	6	5	11
60 to 70 years.....	0	1	1	3	2	5
70 to 80 years.....	0	1	1	0	2	2
80 to 90 years.....	0	0	0	2	1	3
Total.....	11	10	21	44	29	73